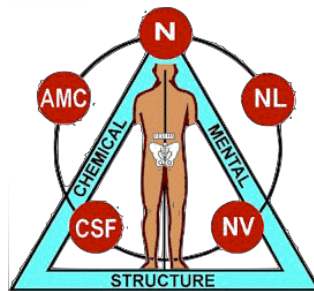


The Wellness Program

Besides helping find the true cause of your health problem or pain, CRA and AK give Dr. Paxton a system of monitoring your nutritional chemistry, structural integrity and emotional well being. Our wellness program is also a new and healthful approach to preventing disease and maintaining good health.



On any given day you are exposed to mental stressors, impure or adulterated foods, a deficient diet, and physical stresses that lead to spinal subluxations, which are like breaker switches to the spine and nervous system. A body cannot support itself for very long when one or more of your major systems nutritional chemistry, structural integrity, or emotional and mental well being is under stress. Disease states don't just appear! They develop from imbalances and assaults to the body that go uncorrected.

“Make time for wellness now or sickness later” Anthony Robbins

Treating illness, pain and disease, once present, is what our medical systems is based upon. It is a system of crisis care. In this office, we don't treat disease or pain, we treat you. We find the root cause of your pain or health problem, the interference to your body's ability to heal or function correctly, and treat that. The result is a healthier, pain free you.

The wellness program in this office assists you in removing the assaults of daily life, whether they're caused the foods you eat and drink (or don't), the air you breath, physical stress and traumas, the people you interact with or even your own internal dialogue. After all, what you think and speak about most is the the direction you move in and who you become.

Wellness care is designed to continually balance the body and allow it to resonate in harmony with its environment. This is a dynamic process that helps your body get healthier over time, even as you age. In truth, if your body is not getting healthier, it's getting sicker. This follows the universal law that the universe is either expanding or contracting, there is no in between! Even trees over one hundred years old continue to

grow. Interestingly, they have no cognitive ability to alter their outcome. Why must we take the approach that aging is equated with degeneration and disease?

A change in thinking is essential in today's health care environment. Consuming drugs or choosing surgery are not your only options towards health restoration for ailments such as back, neck or any kind of pain, digestive disorders, weakened immunity, headaches, sports injuries, etc. Our wellness program can not just provide the answers to these and other difficult health problems, it can also help prevent them.

Thank you,

A handwritten signature in black ink, appearing to read "Scott Ketchum, D.C." with a stylized flourish at the end.